

CURRICULUM VITAE

Bareket Falk

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FORMAL EDUCATION:

- 1991 Ph.D. (Physiology)
McMaster University, Faculty of Health Sciences.
Thesis: The effect of puberty on the thermoregulatory response of pre-, mid- and late-pubertal boys exercising in dry heat.
Supervisor: Dr. O. Bar-Or.
- 1988 Comprehensive Examination toward a Ph.D. degree - pass with distinction.
- 1986 M.Sc. (Exercise Physiology) - Tel Aviv University, Sackler School of Medicine.
Thesis: The effects of caffeine ingestion on endurance exercise.
Supervisor: Dr. Y. Shapiro.
- 1982 B.Ed. (Physical Education) - McGill University.
- 1979 D.E.C. (Commerce) - Vanier College, Quebec.

EMPLOYMENT AND EXPERIENCE:

- 2016 - Affiliated Professor, Haifa University, Haifa, Israel
- 2010- Full Prof., Department of Kinesiology, Brock University, ON, Canada
- 2006-2012 Adjunct Associate Professor, Department of Kinesiology, McMaster University, Canada
- 2004-2010 Associate Prof., Department of Physical Education and Kinesiology, Brock University, ON, Canada
- 1996- 2004 Head of Physiology Section, Ribstein Center for Sport Medicine Sciences and Research, Wingate Institute, Netanya, Israel
- 1991- 2003 Lecturer, Nat Holman School for Coaches and Instructors, Wingate Institute, Israel;
- 1994- 2004 Lecturer, School of Medicine, Tel Aviv University, Israel
- 1994-1996 Acting Director, Center for Research and Sport Medicine Sciences, Wingate Institute, Netanya, Israel

- 1994-1996 Lecturer, School of Public Health, Hebrew University, Jerusalem
- 1992-2001 Lecturer, Zinman College of Physical Education, Wingate Institute, Israel
- 1992-1994 Head of Physiology Section, Center for Research and Sport Medicine Sciences, Wingate Institute, Netanya, Israel
- 1991-1992 Physiologist, Center for Research and Sport Medicine Sciences, Wingate Institute, Netanya, Israel
- 1991 Visiting Scientist - Institute of Occupational Health, Helsinki, Finland

PUBLICATIONS:

* = graduate student, # = undergraduate student

Journals (English) – refereed

1. IA Ludwa, **B Falk**, WE Ward, KL Gammage, P Klentrou. Mechanical, Biochemical and Nutritional Determinants of the Functional Model of Bone Development in Boys and Girls, using Quantitative Ultrasound Measurements. *Appl Physiol Nutr Metab.* (accepted, Feb 2017)
2. P T Pianosi, RI Liem, **B Falk** PhD, FJ Cerny, RG McMurray, HCG Kemper. Pediatric Exercise Testing: value and implications of peak oxygen uptake. *MDPI-Children.* 4, 6, 2017 doi: 10.3390/children4010006
3. Dotan R, Jenkins G*, O'Brien TD, Hansen S, **Falk B**. Torque-onset determination: Unintended consequences of the threshold method. *J Electromyogr Kinesiol.* 31: 7-13, 2016. doi: 10.1016/j.jelekin.2016.08.017. [Epub ahead of print]
4. D Long#, R Dotan, B Pitt*, B McKinlay*, TD O'Brien, C Tokuno, and **B Falk**: The Electromyographic Threshold in Girls and Women. *Pediatric Exercise Science*, 29(1): 84-93, 2017. doi: 10.1123/pes.2016-0056. Epub 2016 Aug 19
5. P Klentrou, A Giannopoulou, B McKinlay*, P Wallace, C Muir, **B Falk**, D Mack. Salivary cortisol and testosterone responses to resistance and plyometric exercise in 12-14 year old boys. *Appl Physiol Nutr Metab* 41(7): 714-718, 2016
6. **Falk B**, Haddad F, Klentrou P, Ward WE, Kish K*, Mezil Y, Radom-Aizik S. Differential sclerostin and parathyroid hormone response to exercise in boys and men. *Osteoporosis Int.*, 27: 1245-1249, 2016.
7. Cook O, Frost G, Twose D, Wallman L, **Falk B**, Galea V, Adkin A, and Klentrou P. CAN-flip: a pilot gymnastics program for children with cerebral palsy. *Adapted Physical Activity Quarterly*, 32(4): 349-70, 2015.
8. K Kish*, Y Mezil, WE Ward, P Klentrou, **B Falk**. Effect of plyometric exercise session on markers of bone turnover in boys and young men. *Eur J Appl Physiol* 2015 May 29. [Epub ahead of print]; 115(10): 2115-2124, 2015
9. Akseer N*, Kish K*, Rigby WA*, Greenway M, Klentrou P, Wilson , **Falk B**: Does bracing affect bone health in women with adolescent idiopathic scoliosis? *Scoliosis* 10: 5, 2015 DOI 10.1186/s13013-015-0031-1
10. B Pitt*, R Dotan, J Millar*, D Long*, C Tokuno, T O'Brien, B Falk: The electromyographic threshold in boys and men. *Eur. J Appl Physiol.* 115(6): 115(6): 1273-81 2015.
11. Falk, B, Eliakim, A: Endocrine Response to Resistance Training in Children. *Pediatric Exercise Science* 26(4): 404-422, 2014
12. N. Ashish, M Bamman, FJ. Cerny, DM Cooper, P D'Hemecourt, JC. Eisenmann, DEricson, J Fahey, B Falk, D Gabriel, MG. Kahn, H C.G. Kemper, S-Y Leu, RI. Liem, R McMurray, PA. Nixon, JT Olin, PT. Pianosi, Mary Purucker, S Radom-Aizik, A Taylor (In Alphabetical order): The clinical translation gap in child health exercise research: A call for disruptive innovation. *Clinical and Translational Science* 2015 Feb; 8(1): 67-76. doi: 10.1111/cts.12194. [Epub ahead of print: 2014 Aug 11]

13. Falk, B., Rigby, A*, Akseer, N.*: Adolescent Idiopathic Scoliosis: The possible harm of bracing and the likely benefit of exercise. *Spine Journal* 2015 15(1): 209-10.. pii: S1529-9430(14)00467-7. doi: 10.1016/j.spinee.2014.05.006. [Epub ahead of print: 2014 May 16]
14. Papadopoulos, E.* , C. Muir, C. Russell, B.W. Timmons, B. Falk and P. Klentrou. Stress and immune responses during a week leading to competition in adolescent swimmers. *J of Immunol Res.* Volume 2014, Article ID 234565, 7 pages, <http://dx.doi.org/10.1155/2014/234565>
15. Dotan, R., Mitchell, C.* , Cohen, R.* , Gabriel, D., Klentrou, P., Falk, B.: Explosive sport training and torque kinetics in children. *Applied Physiology, Nutrition and Metabolism*, 38(7): 740-745, 2013. doi: 10.1139/apnm-2012-0330. Epub 2013 Jan 29
16. Dotan, R., Mitchell, C.* , Cohen, R.* , Gabriel, D., Klentrou, P., Falk, B.: Child–adult differences in the kinetics of torque development. *Journal of Sports Sciences* 31(9): 945-956, 2013.
17. Ludwa I.A.* , D.D. O’Leary, T.J. Wade, J. Cairney, B. Falk, and P. Klentrou. The effect of adiposity on the relationship between indicators of maturity in peri-pubertal children. *Ann. Human Biol.*, 40(1): 70-4, 2013; Early Online: 1–5 (Dec. 2012)
18. Dotan, R., C. Mitchell*, R. Cohen*, P. Klentrou, D. Gabriel, B. Falk: Child—Adult Differences in Muscle Activation – A Review. *Pediatric Exercise Science* 24: 2-21, 2012. Invited review.
19. Klentrou, P.; I. Ludwa*, B. Falk: Factors associated with bone turnover and speed of sound in early and late-pubertal females. *Applied Physiology, Nutrition and Metabolism*. 36(5): 707-14, 2011
20. Mitchell, C.* , R. Cohen*, R. Dotan, D. Gabriel, P. Klentrou, B. Falk. Rate of Muscle Activation in Power- and Endurance-Trained Boys. *Int. J. Sports Physiol. Perf.* 6(1): 94-105, 2011.
21. Yao, M.* , I. Ludwa*, L. Corbett*, P. Klentrou, P. Bonsu, K. Gammage, B. Falk. Bone speed of sound and physical activity levels of overweight and normal-weight girls and adolescents. *Pediatr. Exerc. Sci.* 23: 25-35, 2011.
22. R. Dotan, L. Zigel, A. Rotstein, T. Greenberg, Y. Beniamini, B. Falk: Reliability and Validity of the Lactate-Minimum Test – A Revisit. *J Sports Med Phys Fitness.* 51(1): 42-9, 2011.
23. Cohen, R.* , C. Mitchell*, R. Dotan, D. Gabriel, P. Klentrou, B. Falk: Do Neuro-Muscular Adaptations Occur in Endurance-Trained Boys and Men?, *Applied Physiology, Nutrition and Metabolism*, 35: 471-479,2010.
24. Moore, S.* , M. Moore*, P. Klentrou, P. Sullivan, **B. Falk**: Maturity status in male child and adolescent athletes. *J Sports Med Phys Fitness.* 50: 486-493, 2010.
25. **Falk B.**, S. Braid*, M. Moore*, M. Yao*, P. Sullivan, P. Klentrou. Bone properties in child and adolescent male hockey and soccer players. *Journal of Science and Medicine in Sport.* 2009 Jun 30. [Epub ahead of print]; 13(4): 387-91, 2010.
26. Ludwa, I. A.* , **B. Falk**, M. Yao*, L. Corbett*, P. Klentrou: Bone Speed of Sound, bone Turnover and IGF-I in Adolescent Synchronized Swimmers. *Pediatr. Exerc. Sci.* 22: 421-430, 2010.

27. Corbett, L.*, C. Muir, I.A. Ludwa*, M. Yao*, B.W. Timmons, **B. Falk**, P. Klentrou: Correlates of mucosal immunity and upper respiratory tract infections in girls. *J. Pediatr. Endocrinol. Metab.* 23(6): 579-588, 2010.
28. Tikitsky, R., G. Kenet, Z. Dvir, **B. Falk**, M. Heim, U. Martinowitz, M. Katz-Leurer. Physical activity participation and bleeding characteristics in young patients with severe hemophilia. *Haemophilia* 15(3): 695-700, 2009.
29. **Falk B.**, C. Usselman#, R. Dotan, L. Brunton#, P. Klentrou, J. Shaw#, D. Gabriel. Child-adult differences in muscle strength and activation pattern during isometric elbow flexion and extension. *Applied Physiology, Nutrition and Metabolism.* 34(4): 609-615, 2009.
30. **Falk, B.** L. Brunton#, R. Dotan, C. Usselman#, P. Klentrou, D. Gabriel. Muscle strength and contractile kinetics of isometric elbow flexion in girls and women. *Ped. Exerc. Sci.*, 21(3): 354-364, 2009.
31. R. Gavrieli, T. Ashlagi-Amiri, A. Eliakim, L. Zigel, **B. Falk**, B. Wolach. The effect of aerobic exercise on neutrophil functions. *Medicine and Science in Sports and Exercise*, 40(9): 1623-1628 2008.
32. Behm, D.G., Faigenbaum, A.D., **Falk, B.**, Klentrou, P.: Canadian Society for Exercise Physiology Position Paper: Resistance Training in Children and Adolescents. *Applied Physiology, Nutrition and Metabolism*, 33: 547-561, 2008. (invited paper).
33. **Falk, B.**, R. Dotan: Pediatric Exercise Physiology Symposium A Tribute to Oded Bar-Or: Children's thermoregulation during exercise in the heat – a revisit. *Applied Physiology, Nutrition and Metabolism*, 33(2): 420-427, 2008. (invited review).
34. **Falk, B.**, S. Braid*, M. Moore*, D. O'Leary, P. Sullivan, P. Klentrou: Bone properties in overweight, pre- and early-pubertal boys. *Pediatric Exercise Science*, 20: 50-61, 2008.
35. Rotstein, A., R. Dotan, L. Zigel, T. Greenberg, Y. Benyamini, **B. Falk**. The Effect of Pre-test Carbohydrate Ingestion on the Anaerobic Threshold, as Determined by the Lactate-Minimum Test. *Applied Physiology, Nutrition and Metabolism*, 32: 1058-1064, 2007.
36. Moore, M.*, S. Braid*, **B. Falk**, P. Klentrou. Daily calcium intake in male children and adolescents obtained from the rapid assessment method and the 24-hour recall method. *Nutr. J.*, 6: 24, 2007 [doi: 10.1186/1475-2891-6-24].
37. R. Lidor, Y. Hershko, A. Bilkevitz, M. Arnon, **B. Falk**: Measurement of talent in volleyball: Fifteen-month follow-up of elite adolescent players. *Journal of Sports Medicine and Physical Fitness* 47(2): 159-168, 2007.
38. R. Lidor, M. Arnon, Y. Hershko, G. Maayan, **B. Falk**: Accuracy in a volleyball service test in rested and physical exertion conditions in elite and near-elite adolescent players. *Journal of Strength and Conditioning Research* 21(3): 937-942, 2007.
39. **B. Falk**, Y. Galili*, L. Zigel, N. Constantini, A. Eliakim: A Cumulative Effect of Physical Training on Bone Strength in Males *International Journal of Sports Medicine* 28: 449-455, 2007, [Epub ahead of print, Nov 16, 2006]
40. Lidor, R., Y. Melnik, A. Bilkevitz, **B. Falk**: The ten-station judo ability test: A test of physical and skill components. *Strength and Conditioning Journal* 28: 2-4, 2006.
41. **Falk, B.**, R. Dotan: Child-adult differences in the recovery from high-intensity exercise. *Exercise and Sport Sciences Reviews*, 34, 107-112, 2006.

42. **Falk, B.**, G. Bar-Mor, L. Zigel, M. Yaaron, Y. Beniamini, B. Zeevi: Daily physical activity and perception of condition severity among male and female adolescents with congenital heart malformation. *Journal of Pediatric Nursing*, 21, 244-249, 2006.
43. **Falk, B.**: Thermoregulation. *Pediatric Exercise Science*, 18 (special issue dedicated to the memory of Oded Bar-Or), 146-150, 2006. (invited review)
44. **Falk, B.**, A. Nini, L. Zigel, Y. Yahav, M. Aviram, J. Rivlin, L. Bentur, A. Avital, R., R. Dotan, H. Blau: The effect of low altitude at the Dead Sea on exercise capacity and cardiopulmonary response to exercise in cystic fibrosis patients with moderate to severe lung disease. *Pediatric Pulmonology*, 41, 234-241, 2006.
45. G. Admon, Y. Weinstein, **B. Falk**, N. Weintrob, H. Benzaquen, R. Ofan, G. Fayman, L. Zigel, N. Constantini, M. Phillip: Exercise with and without insulin pump in children and adolescents with type 1 diabetes mellitus. *Pediatrics*, 116, 348-355, 2005.
46. Lidor, R., Y. Melnik, A. Bilkevitz, M. Arnon, **B. Falk**: Measurement of talent in judo using a unique, judo-specific ability test. *The Journal of Sports Medicine and Physical Fitness*, 45, 32-37, 2005.
47. **Falk, B.**, S. Portal*, R. Tiktinsky, L. Zigel, Y. Weinstein, N. Constantini, G. Kenet, A. Eliakim, U. Martinowitz: Bone properties and muscle strength of young hemophilia patients. *Haemophilia Journal*, 11, 380-386, 2005.
48. Wolach, B., R. Gavrieli, S. Geffen Ben-Dror, L. Zigel, A. Eliakim, **B. Falk**: Transient decrease of neutrophil chemotaxis following aerobic exercise. *Medicine and Science in Sports and Exercise*, 37, 949-954, 2005.
49. Lidor, R., **B. Falk**, M. Arnon, Y. Cohen, G. Segal, Y. Lander: Measurement of talent in team handball: The questionable use of motor and physical tests. *Journal of Strength and Conditioning Research*, 19, 318-325, 2005.
50. **Falk, B.**, R. Gorev, L. Zigel, A. Ben-Amotz, I. Neuman: The effect of lycopene supplementation on post-exercise lung function in young athletes who complain of EIB symptoms. *Annals of Allergy, Asthma and Immunology*, 94, 480-485, 2005.
51. **Falk, B.**, Z. Bronshtein*, L. Zigel, N. Constantini, A. Eliakim: Higher tibial quantitative ultrasound in young female swimmers. *British Journal of Sports Medicine*, 38, 461-465, 2004.
52. **Falk, B.**, R. Lidor, Y. Lander, B. Lang: Talent identification and early development of elite water-polo players: A 2-year follow-up study. *Journal of Sports Sciences*, 22, 347-355, 2004.
53. Weinstein, Y., T. Kamerman*, E. Berry, **B. Falk**. Mechanical efficiency of normal-weight prepubertal boys predisposed to obesity. *Medicine and Science in Sports and Exercise*, 36, 567-573, 2004.
54. **Falk, B.**, A. Eliakim: Resistance training, skeletal muscle and growth. *Pediatric Endocrinology Reviews (PER)*, 1, 120-127, 2003.
55. **Falk, B.**, Z. Bronshtein*, L. Zigel, N. Constantini, A. Eliakim: Quantitative ultrasound of the tibia and radius in pre- and early-pubertal female athletes. *Arch Ped Adoles Med*, 157, 139-143, 2003.
56. Dotan, R., S. Ohana*, C. Bediz, **B. Falk**: Blood lactate disappearance dynamics in boys and men following exercise of similar and dissimilar peak-lactate concentrations. *Journal of Pediatric Endocrinology & Metabolism*, 16, 419-429, 2003.

57. Eliakim, A., D. Nemet, S. Bar-Sela, Y. Higer, **B. Falk**: Changes in circulating IGF-I and their correlation with self-assessment and fitness among elite athletes. *International Journal of Sports Medicine*, 23, 600-603, 2002.
58. Gothelf, D., **B. Falk**, P. Singer, M. Kairi, M. Phillip, L. Zigel, I. Poraz, S. Frishman, N. Constantini, G. Zalsman, A. Weizman, A. Apte: Weight gain associated with increased food intake and low habitual activity levels in male adolescent schizophrenic inpatients treated with olanzapine. *American Journal of Psychiatry*, 1159: 1055-1057, 2002.
59. Tenenbaum, G., **B. Falk**, O. Bar-Or: The measurement and the accumulation of perceived exertion in a progressive cycling maximal power test in children and adolescents. *International Journal of Sport Psychology*, 33: 337-348, 2002.
60. **Falk, B.**, E. Sadres, N. Constantini, L. Zigel, R. Lidor, A. Eliakim: The association between adiposity and the response to resistance training among pre- and early-pubertal boys. *Journal of Pediatric Endocrinology & Metabolism*, 15: 597-606, 2002.
61. Tiktinsky, R., **B. Falk**, M. Heim, U. Martinovitz: The effect of resistance training on the frequency of bleeding in hemophilia patients: A pilot study. *Hemophilia*, 8: 22-27, 2002.
62. Sadres, E., A. Eliakim, N. Constantini, R. Lidor, **B. Falk**: The effect of long-term resistance training on anthropometric measures, muscle strength, and self concept in pre-pubertal boys. *Pediatric Exercise Science*, 13: 357-372, 2001.
63. **Falk, B.**, Y. Cohen, G. Lustig, Y. Lander, M. Yaaron, J. Ayalon: Tracking of fitness components in boys and girls from 2nd to 6th grade. *American Journal of Human Biology*, 13: 65-70, 2001.
64. Eliakim, A., S. Ish-Shalom, A. Giladi, **B. Falk**, N. Constantini. Assessment of body composition in ballet dancers: Correlation among three techniques. *International Journal of Sports Medicine*, 21: 598-601, 2000.
65. **Falk, B.**, E. Sadres, N. Constantini, A. Eliakim, L. Zigel, A.J. Foldes: Quantitative ultrasound (QUS) of the tibia: A sensitive tool for the detection of bone changes in growing boys. *Journal of Pediatric Endocrinology & Metabolism*, 13: 1129-1135, 2000.
66. Dotan, R., **B. Falk**, A. Raz*: Intensity effect of active recovery from glycolytic exercise on decreasing blood lactate concentration in prepubertal children. *Medicine and Science in Sports and Exercise*, 32: 564-570, 2000.
67. Wolach, B., **B. Falk**, R. Gavrieli, E. Kodesh*, A. Eliakim. Neutrophil function response to aerobic and anaerobic exercise in female judoka and untrained subjects. *British Journal of Sports Medicine*, 34: 23-28, 2000.
68. Constantini, N., A. Eliakim, L. Zigel, M. Yaaron, **B. Falk**: Iron status of highly active adolescents: Evidence of depleted iron stores in gymnasts. *Int. J. Sport Nutr. Exerc. Metab.* 10: 62-70, 2000.
69. **Falk, B.**, S. Portal*, R. Tiktinsky, Y. Weinstein, N. Constantini, U. Martinowitz: Anaerobic power and muscle strength in young hemophilia patients. *Med. Sci. Sports Exerc.* 32: 52-57, 2000.
70. Bar-Mor, G., B. Zeevi, M. Yaaron, **B. Falk**: Use of the heart rate monitor to modulate physical activity in adolescents with congenital aortic stenosis: an innovative approach. *J. Pediatric Nursing* 14 273-277, 1999.

71. Wolach, B., A. Eliakim, R. Gavrieli, E. Kodesh*, Y. Yarom, M. Schlesinger, **B. Falk**: Aspects of leukocyte function and the complement system following aerobic exercise in young female gymnasts. *Scand. J. Med. Sci. Sports* 8: 91-7, 1998.
72. Wolach, B., **B. Falk**, E. Kodesh*, J. Radnay, H. Shapiro, Y. Yarom, A. Eliakim: Cellular immuneresponse to anaerobic exercise among gymnasts and untrained girls. *Ped. Exerc. Sci.* 10: 227-235, 1998.
73. Rotstein, A., **B. Falk**, M. Einbinder*, L. Zigel: Changes in plasma volume following intense intermittent exercise in neutral and hot environmental conditions. *J. Sports Med. Phys. Fitness* 38: 24-29, 1998.
74. **Falk, B.**: Effects of thermal stress during rest and exercise in the pediatric population. *Sports Med.* 25: 221-240, 1998.
75. **Falk B.**, S. Radom-Isaac*, J.R. Hoffman, Y. Wang, Y. Yarom, Y. Weinstein, A. Magazanik: The effect of heat exposure on performance of and recovery from anaerobic exercise. *Int. J. Sports Med.* 19: 1-6, 1998.
76. Weinstein, Y., C. Bediz, R. Dotan, **B. Falk**: Test-retest reliability of peak lactate and peak heart rate responses to the Wingate Anaerobic Test. *Med. Sci. Sports Exerc.* 30: 1456-1460 1998.
77. **Falk, B.**, A. Eliakim, R. Dotan, D.G. Liebermann, R. Regev, O. Bar-Or: Birth weight and physical ability in 5-8 year-old healthy children born prematurely. *Med. Sci. Sports Exerc.* 29: 1124-1130, 1997.
78. Eliakim, A., B. Wolach, E. Kodesh*, R. Gavrieli, J. Radnay, T. Ben Tovim, Y. Yarom, **B. Falk**: Cellular and humoral immune response to exercise among gymnasts and untrained girls. *Int. J. Sports Med.* 18: 208-212, 1997.
79. Hoffman, J.R., **B. Falk**, S. Radom-Isaac*, Y. Weinstein, A. Magazanik, Y. Wang, Y. Yarom: The effect of environmental temperature on testosterone and cortisol responses to high-intensity, intermittent exercise in the heat. *Eur. J. Appl. Physiol.* 75: 83-87, 1997.
80. **Falk, B.**, M. Bar-Eli, R. Dotan, M. Yaaron, Y. Weinstein, S. Epstein, B. Blumenstein, M. Einbinder, Y. Yarom, G. Tenenbaum: Physiological and cognitive responses to cold exposure in 11-12 year-old boys. *Am. J. Human Biol.* 9: 39-49, 1997.
81. Bar-Eli, M., S. Sachs, G. Tenenbaum, J.S. Pie, **B. Falk**: Crisis-related observations in competition: A case study in basketball. *Scand. J. Med. Sci. Sports* 6: 313-321, 1996.
82. **Falk, B.**, Y. Weinstein, R. Dotan, D.A. Abramson, D. Mann-Segal, J.R. Hoffman: A treadmill test of sprint running. *Scand. J. Med. Sci. Sports* 6: 259-264, 1996.
83. **Falk, B.**, G. Tenenbaum: The effectiveness of resistance training in children: A meta-analysis. *Sports Med.* 22: 176-186, 1996.
84. **Falk, B.**, G. Mor: The effects of resistance training in 6-8 year-old boys. *Ped. Exerc. Sci.* 8: 48-56, 1996.
85. Hoffman, J.R., H. Stavsky, **B. Falk**: The effect of water restriction on aerobic power and vertical jumping height in basketball players. *Int. J. Sports Med.* 16: 214-218, 1995.
86. **Falk, B.**, M. Einbinder*, Y. Weinstein, S. Epstein, Y. Karni, Y. Yarom, A. Rotstein: Blood lactate concentration following exercise: effects of heat exposure and of active recovery in heat-acclimatized subjects. *Int. J. Sports Med.* 16: 7-12, 1995.

87. **Falk, B.**, M. Bar-Eli: Psycho-physiological response to parachuting among novice and experienced parachutists. *Aviat. Space Environ. Med.* 66: 114-117, 1995.
88. **Falk, B.**: Effect of continuous and intermittent exercise on energy expenditure and on the cardiorespiratory response. *Percept. Motor Skills* 80: 64-66, 1995.
89. Breslav, I., S. Epstein, **B. Falk**, Y. Karni, G. Tenenbaum, Y. Weinstein: Ratings of perceived exertion and of dyspnea in young athletes. *Biol. Sports* 11: 91-99 1994.
90. **Falk, B.**, O. Bar-Or, J. Smolander, G. Frost: Response to rest and exercise in the cold: effects of age and aerobic fitness. *J. Appl. Physiol.* 76: 72-78 1994.
91. **Falk, B.**, O. Bar-Or: Longitudinal changes in peak aerobic and anaerobic mechanical power of circum-pubertal boys. *Ped. Exerc. Sci.* 5: 318-331, 1993.
92. **Falk, B.**, O. Bar-Or, J.D. MacDougall: The thermoregulatory response of pre-, mid- and late-pubertal boys to exercise in dry heat. *Med. Sci. Sports Exerc.* 24: 688-694, 1992.
93. **Falk, B.**, O. Bar-Or, J.D. MacDougall, C. Goldsmith, L. McGillis: A longitudinal analysis of the sweating response of pre-, mid- and late-pubertal boys during exercise in the heat. *Am. J. Human Biol.* 4: 527-535, 1992.
94. **Falk, B.**, O. Bar-Or, J.D. MacDougall, R. Calvert: Sweat gland response to exercise in the heat among pre-, mid- and late-pubertal boys. *Med. Sci. Sports Exerc.* 24: 313-319, 1992.
95. **Falk, B.**, O. Bar-Or, J.D. MacDougall, L. McGillis, R. Calvert, F. Meyer: Sweat lactate in exercising children and adolescents of varying physical maturity. *J. Appl. Physiol.* 71: 1735-1740, 1991.
96. **Falk, B.**, O. Bar-Or, J.D. MacDougall: Aldosterone and prolactin response to exercise in the heat among circum-pubertal boys. *J. Appl. Physiol.* 71: 1741-1745, 1991.
97. Burstein, R., O. Shpilberg, A. Rubinstein, N. Bashan, **B. Falk**, Y. Epstein: The effect of prolonged intermittent exercise, combined with food deprivation, on plasma metabolite concentration. *Aviat. Space Environ. Med.* 62: 555-558, 1991.
98. **Falk, B.**, R. Burstein, E. Zylber-Katz, Y. Rosenblum, N. Bashan, Y. Shapiro: Effects of caffeine ingestion on body fluid balance and thermoregulation during exercise. *Cnd. J. Physiol. Pharmacol.* 68: 889-892, 1990.
99. **Falk, B.**, R. Burstein, I. Ashkenazi, O. Shpilberg, J. Alter, E. Zylber-Katz, A. Rubinstein, Y. Shapiro: The effect of caffeine ingestion on physical performance after prolonged exercise. *Eur. J. Appl. Physiol.* 59: 168-173, 1989.

Non-Refereed Publications (English)

Falk, B, P. Klentrou: Canadian contributions to Pediatric Exercise Physiology. CSEP News, Nov 2016. <http://csep.ca/news.asp?a=view&id=148>

Falk, B.: Muscle strength and resistance training in youth – Do they affect cardiovascular health? – The Year that Was 2015. *Pediatr. Exerc. Sci.* 28(1): 11-15, 2016. Invited Commentary.

Dotan, R., B. Falk: Discussion: "The kinetics of blood lactate in boys during and following a single and repeated all-out sprints of cycling are different than in men" - Do children indeed release and remove lactate faster than adults?. *Appl Physiol Nutr Metab.* 40(6): 632-633, 2015

Falk, B.: Resistance Training in Children – The Year that Was 2014. *Pediatr. Exerc. Sci.* 27(1): 13-17 2015. Invited Commentary.

Falk, B., Rigby, A., Akseer, N.: Letter to the Editor – Reply. *Spine Journal* (in press Aug 2014)

Falk, B., R. Dotan: Fitness, Fatness, and Metformin. Letter to the Editor. *Medicine and Science in Sports and Exercise* 44(11): 2253, 2012

Dotan, R., B. Falk: Differential motor-unit activation pattern – the “missing link” in understanding child-adult strength and other differences. *J Physiol* 110: 1751, 2011 (letter to the editor)

Dotan, R., B. Falk: Manifestations of a common underlying cause. Letter to the Editor. *J Appl. Physiol.* 109: 1565–1566, 2010 (Epub: 28 July 2010).

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101. Dotan, R., A. Raz, **B. Falk**: The effect of active recovery on the decrease of blood lactate concentration in children. In *Israel Journal of Sports Medicine, Program and Book of Abstracts, The 13th International Jerusalem Symposium on Sports Medicine*, 4-6 March 1997, Jerusalem, Israel, p. 85.
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134. **Falk, B.**, R. Burstein, I. Ashkenazy, E. Katz, A. Rubinstein, N. Bashan, Y. Epstein, Y. Shapiro: Effects of caffeine in energy metabolism and exercise endurance. *Rev. Clin. Basic. Pharmacol.* 6: 275, 1987.

LECTURES AND PRESENTATIONS AT CONFERENCES AND SEMINARS:

Invited lectures:

1. Falk, B.: Developmental changes in muscle function and activation. Wingate Congress of Exercise & Sport Sciences, Wingate Institute, Netanya, Israel, June 1-5, 2016.
2. Falk, B.: Exercise medicine - considerations for the pediatrician. Invited presentation to the 'Exercise as Medicine' Meeting. University of California-Irvine, California, USA. Feb. 1, 2016.
3. Falk, B.: Developmental changes in muscle function and activation. Carl Gisolfi Lecture Series, University of Iowa, Iowa city, IA. Jan. 29, 2016.
4. Falk, B.: Children are not miniature adults. Part of State of the Art Plenary on Exercise Medicine and Child Health: Translational Mechanisms, Biomarkers and Therapeutic Advances. Pediatric Academic Societies Annual Meeting. San Diego, CA. April 25-28, 2015
5. Falk, B.: Exercise and Growth. Part of Public Forum on Developing the Young Athlete: Families, Trainers, Clubs, Communities. St. Catharines, ON. April 2, 2015
6. Falk, B.: Thermoregulation during exercise in the heat – Pediatric perspective. Part of course on Environmental Physiology, University of Toronto, Toronto, Jan 21, 2015.
7. Falk, B.: The BAM project: where did it come from, where is it going. Golden Horseshoe Pediatric Exercise Group Meeting, St. Catharines, ON. March 22, 2013.
8. B. Falk. Children in thermally challenging environments. The 59th Annual Meeting of the American College of Sports Medicine. San Francisco, CA, May 29- June 2 2012.
9. B. Falk. Differential motor-activation patterns – The most comprehensive explanation for child-adult performance differences. The 27th International Symposium of the European Group of Pediatric Work Physiology, Mawgan Porth, Cornwall, UK, September 19-23, 2011.
10. B. Falk. Child-Adult Differences in Muscle Activation – What is the Evidence? The 2nd Joint Meeting of the North American Society of Pediatric Exercise Medicine and the European Group of Pediatric Work Physiology, Niagara-on-the-Lake, ON, September 22-26, 2010.

11. B. Falk. Hydration in Young Athletes. Exercise and Sport Sciences. The First Wingate Congress of Exercise & Sport Sciences, Wingate Institute, Netanya, Israel, 3 - 6 June 2010.
12. Falk, B: Aerobic Training for Children. Invited lecture as part of Webinar on Pediatric Exercise Physiology, put on by Grupo Sobre Entrenamiento (www.sobreentrenamiento.com), Argentina, Feb 18-25 2009.
13. Falk, B: Aerobic Training for Children: Principles and Application. Invited lecture as part of workshop titled: The Child Is Not A Small Adult – Aspects in Physical Training for Children. Haifa University, Haifa, Israel. Dec. 18 2008.
14. Falk, B: Resistance Training for Children: Principles and Application. Invited lecture as part of workshop titled: The Child Is Not A Small Adult – Aspects in Physical Training for Children. Haifa University, Haifa, Israel. Dec. 18 2008.
15. Falk, B: Training Principles for Pediatric Special Populations. Invited lecture as part of workshop titled: The Child Is Not A Small Adult – Aspects in Physical Training for Children. Haifa University, Haifa, Israel. Dec. 18 2008.
16. Falk, B.: Physiological mechanisms underlying resistance training responses in children. Part of Resistance Training in Children and Adolescents Symposium. *Canadian Society of Exercise Physiologists* Annual Meeting. Banff, Alberta, Oct. 15-18, 2008.
17. Falk, B.: Oded Bar-Or – The Science and Beyond. The First Oded Bar-Or Lecture at the European Group of Pediatric Work Physiology meeting. Tallinn, Estonia, 5-9 September 2007.
18. Falk, B.: Muscle strength, rate of force development and neuromuscular activation in children and adults. Invited guest lecture at the Ribstein Centre for Sports Medicine and Research, Wingate Institute, Netanya, Israel, June 26, 2007.
19. Invited lecture as part of Webinar on Strength Training in Children and Adolescents, put on by Grupo Sobre Entrenamiento (www.sobreentrenamiento.com), Argentina, March 2007.
20. Falk, B.: Thermoregulation during exercise – children vs. adults. Part of Symposium: Pediatric Exercise Physiology – a tribute to Oded Bar-Or. *Canadian Society of Exercise Physiologists* Annual Meeting. Halifax, Nova Scotia, Nov. 1-4, 2006.
21. Falk, B.: Hot and new under the sun – four decades of pioneering pediatric thermoregulatory physiology. Presented at the *International Symposium of Sports Medicine*, Israel, April 5-6, 2006.
22. Falk, B.: Recovery from exercise in children vs. adults – quantitative or qualitative difference? Presented at the *International Symposium of Sports Medicine*, Israel, April 5-6, 2006.
23. Falk, B. Resistance training in children: Effects on muscle strength, bone and growth. Presented at the *2004 Pre-Olympic Congress*, Athens, Greece, August 6-11, 2004. (presented by U. Schaeffer)
24. Falk, B. Anthropometric measurements and their significance in children. Presented at *Tel-Hai Conference on Sport, Nutrition, Fitness and Lifestyles*, Tel Hai, October 16-17, 2003.
25. Falk, B. Resistance training for children – pros and cons. Presented at *Tel-Hai Conference on Sport, Nutrition, Fitness and Lifestyles*, Tel Hai, October 16-17, 2003.

26. Falk, B. Skeletal muscle and effect of resistance training in women. Presented at *Conference on "Elite Training for Women"*, Daniel Hotel, Herzlia, Israel, December 13, 2002.
27. Falk, B. Exercise and bone strength during the growing years. Presented at *7th International Sport Science Congress*, Kemer, Antalya, Turkey, 27-29 October, 2002.
28. Falk, B. Gender differences in aerobic ability. Presented at *7th International Sport Science Congress*, Kemer, Antalya, Turkey, 27-29 October, 2002.
29. Falk, B. The role of physical activity in bone health in childhood and adolescence. Presented at *The 18th International Jerusalem Symposium on Sports Medicine*, Maale Hamisha, Judean Hills, Israel, March 20-21, 2002.
30. Falk, B. Effect of exercise on bone in children and adolescents. Presented at the *Bi-annual Meeting of the Israel Society of Sports Medicine*, 7 September, 2000, Herzlia.
31. Falk, B.: Effect of exercise on bone growth in children and adolescents. Presented at the *Annual Meeting, Israel Society for Physiology and Pharmacology*, October 6-7, 1999, Ma'ale Hachamisha, p. 54.
32. Falk, B.: Physiological processes during recovery from exercise in children compared with adults. Presented at the *Annual Meeting of the Israel Society for Physiology and Pharmacology*, November 6-7, 1997, Ma'ale Hachamisha, Israel.
33. Falk, B.: The measurement of body composition and its importance in sports and exercise. Proceedings of the *Annual National (Israel) Dieticians Meeting*, 3-4 April 1997, Haifa, Israel.
34. Falk, B.: The effects of resistance training in children and adolescents. *German-Israel Science Days*, Sachsen-Anhalt, 4-17.11, 1996, Otto von Guericke University, Magdeberg, Germany.
35. Falk, B.: The effects of aerobic and anaerobic training in children and adolescents. *German-Israel Science Days*, Sachsen-Anhalt, 4-17.11, 1996, Otto von Guericke University, Magdeberg, Germany.
36. Falk, B.: Resistance training in children and adolescents. *The 12th International Jerusalem Symposium on Sports Injuries*, 26-27 March 1996, Tel Aviv, Israel.
37. Falk, B.: Temperature regulation and fluid intake in children and adolescents participating in endurance activities. Invited *Symposium on Endurance Sports Participation for Children in the Annual Meeting of the American College of Sports Medicine*, 1-4 June 1994, Indianapolis, Indiana, USA.
38. Falk, B.: The effects of exercise and aerobic training on children and adolescents. *Semi-Annual Meeting of the Israeli Society for Sports Medicine*, 24 July 1994, Herzlia, Israel.
39. Falk, B.: Physiological characteristics and trainability of children and adolescents. In: *The Science and Practice of Training Junior Kayak/Canoe Paddlers, International Seminar on Kayak*, November 17-19 1994, Israel.

Presentations at Conferences:

1. Klentrou, N., Giannopoulou, A., McKinlay, B., Wallace, P., Dekker, J., Kouvelioti, R., Douvi, G., & **Falk, B.** Acute endocrine responses to resistance versus plyometric exercise in boys. Canadian Society of Exercise Physiologists Annual Meeting, Hamilton, ON, Oct. 14-17, 2015. (presented by P. Klentrou)

2. Dotan, R., B. Pitt, D. Long, B. McKinlay, C. Tokuno, T. O'Brien, B. Falk. Sex- and maturation-related differences in the electromyographic threshold. Canadian Society of Exercise Physiologists Annual Meeting, Hamilton, ON, Oct. 14-17, 2015. (presented by R. Dotan)
3. B. Falk: Resistance Training in Children – the Year that Was (2014). XXIX Pediatric Work Physiology meeting, Utrecht, Netherlands, Sept. 9-13, 2015.
4. D. Long, B. McKinlay, R. Dotan, B. Pitt, C. Tokuno, T. O'Brien, and **B. Falk**. The electromyographic threshold in girls and women. XXIX Pediatric Work Physiology meeting, Utrecht, Netherlands, Sept. 9-13, 2015.
5. McKinlay B., Wallace P., Long D., Dotan R. & **Falk B**. Differential effects of 8-week plyometric- vs. resistance-training on strength, explosiveness and power in 12-yr-old male athletes. National Strength and Conditioning Association (NSCA) Annual Meeting, Orlando, Florida, July 8-12, 2015. (presented by B. McKinlay)
6. **B Falk**, F Haddad, K Kish, Y Mezil, P Klentrou, W Ward, S Radom-Aizik. Differential sclerostin response to a plyometric exercise session in boys and men. American College of Sports Medicine Annual Meeting, San Diego, CA, May 26-30, 2015.
7. R Dotan, G Jenkins, J Desjardins, S Hansen, T O'Brien, P Klentrou, **B Falk**. A novel method of torque-onset determination and its differential effect on torque kinetics and electro-mechanical delay in men and boys. Canadian Society of Exercise Physiologists Annual Meeting, St. John's, Newfoundland, Oct. 22-25, 2014. (presented by R. Dotan)
8. B. Pitt, D. Long, J. Millar, R. Dotan, C. Tokuno, and **B. Falk**. The electromyographic threshold in children and adults. North American Society of Pediatric Exercise Medicine Meeting, Minneapolis, MN, Aug 20-23, 2014.
9. **B. Falk**, K. Kish, Y. Mezil, P. Klentrou, W. Ward. Does habitual physical activity affect biochemical markers of bone turnover response to plyometric exercise in boys and men? The 2014 Wingate Congress of Exercise & Sports Sciences, Netanya, Israel, June 12-15, 2014.
10. **B. Falk**, K. Kish, Y. Mezil, P. Klentrou, W. Ward. Effects of a plyometric exercise session on markers of bone turnover in boys and men. American College of Sports Medicine Annual Meeting, Orlando, FL, May 27-30, 2014.
11. N Akseer, K. Kish, A. Rigby, M. Greenway, P. Klentrou, P.M. Wilson, and **B. Falk**. Does bracing affect bone mineral density in females with adolescent idiopathic scoliosis? Canadian Society of Exercise Physiologists Annual Meeting, Toronto, ON, Oct. 16-19, 2013.
12. G Jenkins, I Ludwa, S Hansen, P Klentrou, **B Falk**. Sex and Maturation Differences in Neuromuscular Function during High-Velocity Knee Extension. Canadian Society of Exercise Physiologists Annual Meeting, Toronto, ON, Oct. 16-19, 2013.
13. I.A. Ludwa, K. Kish, **B. Falk**, and P. Klentrou. Determinants of radial bone strength in maturing boys and girls. Canadian Society of Exercise Physiologists Annual Meeting, Toronto, ON, Oct. 16-19, 2013.
14. E. Papadopoulos, C. Muir, C. Russell, I.A. Ludwa, B.W. Timmons, **B. Falk** and P. Klentrou. Effect of competition on stress and immunity markers in adolescent swimmers. Canadian Society of Exercise Physiologists Annual Meeting, Toronto, ON, Oct. 16-19, 2013.
15. B Falk, G Jenkins, S Hansen, I Ludwa, P Klentrou, R Dotan. Factors Explaining the Growth-related Increase in the Rate of Torque Development. European Group of Pediatric Work Physiology, Curia, Portugal, Oct. 1-5, 2013.
16. I. Ludwa, G. Jenkins, S. Hansen, R. Dotan, P.a Klentrou, **B. Falk** Maturation Changes in the Rate of Torque Development. 60th American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 28- June 1 2013.

17. Falk, B.: Meet the Editor. North American Society of Pediatric Exercise Medicine Meeting, Philadelphia, PA, Aug. 15-18, 2012.
18. G.Jenkins, S.Hansen, R.Dotan, P.Klentrou, A.I.Ludwa, C.Gimblett, M.Papadopoulos, B.Falk: Sex Differences in the Maturation Effect on High Velocity Muscle Contractions. North American Society of Pediatric Exercise Medicine Meeting, Philadelphia, PA, Aug. 15-18, 2012.
19. Falk, B., Mitchell, C., Cohen, R. Gabriel, D., Klentrou, P., Dotan R.: Child-adult differences in the variability of torque kinetics. 59th American College of Sports Medicine Annual Meeting, San Francisco, CA May 29- June 2 2012.
20. Falk, B., Mitchell, C., R. Cohen, R. Dotan, , P. Klentrou, D. Gabriel. Contractile and EMG responses to endurance and power training in boys and men. Canadian Society of Exercise Physiologists Annual Meeting, Toronto, ON, Nov. 3-6, 2010.
21. B. Falk. Child-Adult Differences in Muscle Activation – What is the Evidence? The 2nd Joint Meeting of the North American Society of Pediatric Exercise Medicine and the European Group of Pediatric Work Physiology, Niagara-on-the-Lake, ON, September 22-26, 2010. (invited)
22. Mitchell, C., R. Cohen, R. Dotan, D. Gabriel, P. Klentrou, B. Falk. Torque kinetics of power-trained boys vs. untrained boys and men. The 2nd Joint Meeting of the North American Society of Pediatric Exercise Medicine and the European Group of Pediatric Work Physiology, Niagara-on-the-Lake, ON, September 22-26, 2010. (presented by C. Mitchell)
23. I.A. Ludwa, D.D. O’Leary, T.J. Wade, J. Cairney, B. Falk, P. Klentrou. Generalizability of Maturity Assessment to Overweight Girls and Boys. The 2nd Joint Meeting of the North American Society of Pediatric Exercise Medicine and the European Group of Pediatric Work Physiology, Niagara-on-the-Lake, ON, September 22-26, 2010. (presented by I. Ludwa)
24. B. Falk. Hydration in Young Athletes. The First Wingate Congress of Exercise & Sport Sciences, Netanya, Israel, 3 - 6 June 2010. (invited)
25. R. Dotan, C. Mitchell, R. Cohen, D. Gabriel, P. Klentrou, B. Falk. Child-Adult Differences in the Kinetics of Force Development. The First Wingate Congress of Exercise & Sport Sciences, Netanya, Israel, 3 - 6 June 2010. (presented by R. Dotan)
26. R. Cohen, C. Mitchell, R. Dotan, D. Gabriel, P. Klentrou, B. Falk. Do Neuro-Muscular Adaptations Occur in Endurance-Trained Boys and Men? The First Wingate Congress of Exercise & Sport Sciences, Netanya, Israel, 3 - 6 June 2010. (presented by R. Cohen)
27. Falk, B., R. Cohen, C. Mitchell, R. Dotan, P. Klentrou, D. Gabriel. Muscle Activation in Pre- and Early-Pubertal Male Power and Endurance Athletes. Paper presented at the European Group of Pediatric Work Physiology meeting. Le Touquet Paris Plage, France, 29th September – 3rd October, 2009.
28. Falk, B., R. Cohen, C. Mitchell, R. Dotan, P. Klentrou, D. Gabriel. Muscle Activation in Pre- and Early-Pubertal Male Athletes and Non-athletes. Paper presented at the American Physiotherapy Association Section on Research Retreat: Mechanisms underlying disordered movement: impairments with force generation. Asilomar, CA. Aug. 9-13, 2009. (poster)
29. Usselman, C., D. Gabriel, R. Dotan, L. Brunton, N. Klentrou, B. Falk. Muscle activation patterns in prepubertal boys and young men. Paper presented at the Canadian Society of Exercise Physiology Annual Meeting, London, ON. Nov. 14-17, 2007. (poster)
30. Yao, M., S. Braid, M. Moore, P. Sullivan, P. Klentrou, B. Falk. Bone properties in pre and late-pubertal male hockey and soccer players. Paper presented at the Canadian Society of Exercise Physiology Annual Meeting, London, ON. Nov. 14-17, 2007. (poster)

31. Braid, S., M. Moore, P. Klentrou, B. Falk. Skeletal maturity in male child and adolescent athletes. Paper presented at the Canadian Society of Exercise Physiology Annual Meeting, London, ON. Nov. 14-17, 2007.
32. Usselman, C., D. Gabriel, R. Dotan, L. Brunton, P. Klentrou, J. Shaw, B. Falk. Muscle force and activation pattern of boys vs men in isometric elbow flexion and extension. Paper presented at the European Group of Pediatric Work Physiology meeting. Tallinn, Estonia, 5-9 September 2007.
33. Braid, S., M. Moore, D. O'Leary, P. Sullivan, P. Klentrou, B. Falk. The effect of increased adiposity on bone properties in pre- and early-pubertal males, as assessed by quantitative ultrasound. International Conference on Physical Activity & Obesity in Children book of abstracts. Toronto, ON, June 24-27, 2007 (poster)
34. MacIntosh S., C. Usselman, R. Dotan, B. Falk, N. Klentrou, and D. Gabriel. Child-Adult differences in Force Kinetics and Neuro-Motor Function during Isometric Elbow Flexion. Presented at the *North American Society for Pediatric Exercise Science* Annual Meeting, Charleston, South Carolina, Sept. 14-16, 2006. (poster)
35. C. Usselman, S. MacIntosh, R. Dotan, B. Falk, N. Klentrou, & D. Gabriel. Child-adult differences in force kinetics and neuro-motor function during isometric elbow flexion. Paper presented at the Ontario Exercise Neuroscience Group, St. Catharines, Ontario, June 2006 – paper presented by C. Usselman.
36. Falk, B., Y. Galili, L. Zigel, N. Constantini, A. Eliakim: Tibia and radius bone properties, as reflected by quantitative ultrasound, in boys, adolescents and adult male athletes of various sports. Presented at "CSEP – Meeting of the Canadian Society of Exercise Physiology", Ottawa, Canada, November 9-12, 2005.
37. Falk, B., Y. Galili, L. Zigel, N. constantini, A. Eliakim: Quantitative ultrasound of the tibia and radius in pre-pubertal, pubertal and young adult male athletes. Presented at the 23rd Pediatric Work Physiology Meeting, Gwatt-Thun, Switzerland, September 22-25, 2005.
38. Falk, B., A. Nini, L. Zigel, Y. Yahav, M. Aviram, J. Rivlin, L. Bentur, A. Avital, R., R. Dotan, H. Blau: The effect of low altitude at the Dead Sea on exercise capacity and cardio-pulmonary response to exercise in CF patients of moderate severity. Presented at the American College of Sports Medicine 52nd Annual Meeting, Nashville, Tennessee, June 1-4, 2005.
39. Admon, G., Y. Weinstein, B. Falk, N. Weintrob, H. Benzaquen, R. Ofan., G. Fayman, L. Zigel, N. Constantini, M. Phillip. Exercise with and without insulin pump in children and adolescents with type 1 diabetes. Poster presented at the 42nd Annual Meeting of the *European Society for Paediatric Endocrinology*, Ljubljana, Slovenia, September 18-21, 2003.
40. Falk, B., S. Portal, R. Tikitsky, L. Zigel, Y. Weinstein, N. Constantini. Bone properties and muscle strength of young hemophilia patients. Poster presented at the 50th Annual Meeting of the *American College of Sports Medicine*, San Francisco, May 28-31, 2003.
41. Zigel, L., R. Gorev, B. Falk, A. Ben-Amotz, I. Neuman. Effect of lycopene, a natural antioxidant, on exercise-induced asthma in young athletes. Poster presented at the 50th Annual Meeting of the *American College of Sports Medicine*, San Francisco, May 28-31, 2003.
42. Falk, B., Z. Bronshtein, L. Zigel, N. Constantini, A. Eliakim (2002). Higher tibial bone properties among female swimmers compared with controls, using quantitative

- ultrasound. Presented at the *North American Society for Pediatric Exercise Medicine, "Exercise and Sport for the Healthy and Diseased Child: Applications and Implications for the New Millennium"*, Michigan State University, East Lansing, Michigan, August 1-3, 2002, p. 15.
43. Falk, B., H. Blau: Habitual activity, exercise capacity, nutritional status and resting metabolic rate in sedentary Israeli CF children: Baseline data from the national individualized exercise study. Presented at the *Israeli Society for Pediatric Pulmonary Meeting*, May 9, 2001, Tel Aviv.
 44. Falk, B., Z. Bronshtein, L. Zigel, N. Constantini, A. Eliakim: Bone quantitative ultrasound velocity in adolescent male and female volleyball players. Presented at the *Pre-ASBMR Meeting on Pediatric Bone, "Exercise & Nutrition as Modulating Factors in Skeletal Development of Children in Health & Disease"*, 20-21 September, 2000, McMaster University, Hamilton, Ontario, Canada.
 45. Weinstein, Y., T. Kamerman, B. Falk: Energy expenditure during rest and exercise: Comparison between children of normal weight parents and children of obese parents. Presented at the *Bi-annual Meeting of the Israel Society of Sports Medicine*, 7 September, 2000, Herzlia.
 46. Falk, B., L. Zigel, Z. Bronshtein, O. Paz: Higher tibial ultrasound velocity in young adult female basketball players. Presented at the *5th Annual Congress of the European College of Sport Science*, Jyväskylä, Finland, 19-23 July, 2000.
 47. Falk, B., E. Sadres, N. Constantini, A. Eliakim, L. Zigel, A.J. Foldes: Is quantitative ultrasound velocity sensitive enough to detect bone changes in growing boys? Presented at the *XXth International Symposium of the European Group of Pediatric Work Physiology*, September 15-19, 1999, Hotel Residence Oasi di Kufra - Sabaudia, Italy, p. 296.
 48. Falk, B., Y. Cohen, G. Lustig, Y. Lander, M. Yaaron, J. Ayalon: Tracking of fitness components in boys and girls from 2nd to 6th grade. Presented at *Youth Sports in the 21st Century: Organized Sport in the Lives of Children and Adolescents*, May 23-26, 1999, The Institute for the Study of Youth Sports, The Kellogg Center at Michigan State University, East Lansing, Michigan, U.S.A., p. 31, 1999.
 49. Falk, B., E. Sadres, N. Constantini, A. Eliakim, L. Zigel, A.J. Foldes: Is twice per week resistance training sufficient to increase muscle strength and bone formation in 9-10 year old boys? Presented at *Youth Sports in the 21st Century: Organized Sport in the Lives of Children and Adolescents*, May 23-26, 1999, The Institute for the Study of Youth Sports, The Kellogg Center at Michigan State University, East Lansing, Michigan, U.S.A., p. 60, 1999.
 50. Falk, B., S. Portal, R. Tikitsky, Y. Weinstein, N. Constantini, D. Varon, M. Haim, G. Goldstein, U. Martinowitz: Muscle Strength and anaerobic power in young hemophilia patients. Presented at the *XXIII International Congress of the World Federation of Hemophilia*, The Hague, The Netherlands, 17-21 May, 1998.
 51. Dotan, R., B. Falk, I. Tamir, R. Burstein, R. Golan, S. Epstein, Y. Weinstein. The effect of carbohydrate- and protein-rich beverages consumption during recovery from endurance exercise on subsequent exercise performance. In J. Bangsbo, B. Saltin, H. Bonde, Y. Hellsten, B. Ibsen, M. Kjaer, G. Sjogaard, *Second Annual Congress of the European College of Sports Science*, Copenhagen, Denmark, 1997.
 52. Falk, B., M. Bar-Eli, R. Dotan, M. Yaaron, Y. Weinstein, S. Epstein, Blumenstein, B., M. Einbinder, Y. Yarom, G. Tenenbaum: The effect of cold and exercise in the cold on

cognitive ability in children. *International Society of Sports Psychology (ISSP) IX World Congress of Sports Psychology*, July 5-9, 1997, Wingate Institute, Israel.

53. Falk, B., M. Bar-Eli, R. Dotan, M. Yaaron, Y. Weinstein, S. Epstein, B. Blumenstein, M. Einbinder, Y. Yarom, G. Tenenbaum: Physiological and cognitive responses to cold exposure in 11-12 year-old boys. *The 7th International Conference on Environmental Ergonomics*, Jerusalem, 27 October - 1 November, 1996.
54. Falk, B. R. Dotan, A. Eliakim, D. Liebermann, R. Regev, O. Bar-Or: Muscular performance of 5-8 year-old prematurely-born children. *North American Society for Pediatric Exercise Medicine Annual Meeting*, 23-25 August 1996, Park City, Utah, USA.
55. Falk, B., G. Mor: The effects of resistance training in 6-8 year-old boys. *Semi-Annual Meeting of the Israeli Society for Sports Medicine*, 3 November 1995, Tel Aviv, Israel.
56. Falk, B., M. Einbinder, Y. Weinstein, S. Epstein, Y. Karni, Y. Yarom, A. Rotstein: Blood lactate concentration following exercise: effects of heat exposure and of active recovery in heat-acclimatized subjects. *2nd Maccabiah-Wingate International Congress on Sport and Coaching Sciences*, 30 June - 4 July 1993, Wingate Institute, Israel.
57. Falk, B., Y. Weinstein, S. Epstein, Y. Karni, Y. Yarom: Measurement of anaerobic power among young athletes using a new treadmill test. *Annual Meeting of the North American Society for Pediatric Exercise Medicine*, 18-22 September 1993, Alliston, Ontario, Canada.
58. Falk, B., O. Bar-Or: Longitudinal changes in maximal aerobic and anaerobic power among circum-pubertal boys. *Annual Meeting of North American Society for Pediatric Exercise Medicine*, 30 October - 1 November 1992, Miami, Florida, USA.
59. Falk, B., O. Bar-Or, J.D. MacDougall, L.A. McGillis: A longitudinal analysis of the sweating response of circum-pubertal boys during exercise in the heat. *Annual Meeting of the American College of Sports Medicine*, 27-30 May 1992, Dallas, Texas, USA (presented by O. Bar-Or).
60. Falk, B., O. Bar-Or, J.D. MacDougall: Hormonal response to exercise in the heat in pre-, mid-and late-pubertal boys. *Annual Meeting of the American College of Sports Medicine*, 29 May - 1 June 1991, Orlando, Florida, USA.
61. Falk, B., O. Bar-Or, J.D. MacDougall, L. McGillis, R. Calvert, F. Meyer: Thermoregulatory response of circum-pubertal boys exercising in a hot, dry environment. *Annual Meeting of the American College of Sports Medicine*, 22-25 May 1990, Salt Lake City, Utah, USA.
62. Falk, B., O. Bar-Or, J.D. MacDougall, L. McGillis, R. Calvert, F. Meyer: Sweat lactate during exercise in dry heat in circum-pubertal boys. *Annual Meeting of Canadian Society for Sports Sciences*, November 1990, Montreal, Quebec, Canada.
63. Falk, B., R. Burstein, I. Ashkenazy, E. Katz, A. Rubinstein, N. Bashan, Y. Epstein, Y. Shapiro: Effects of caffeine in energy metabolism and exercise endurance. *Annual Meeting of Canadian Society for Sports Sciences*, October 1987, Lake Louise, Alberta, Canada.

Other lectures or presentations – knowledge translation

1. Athletes' readiness – Israel Ministry of Science and Sports. Part of expert panel formulating a report outlining the characteristics of youth elite athletes and requirements of youth elite sports. January 2016 -

2. Children's physical activity – importance and support. Part of public Consider This podcast series. Podcast on Supporting Children and Youth to be More Active and Healthy, produced by Niagara Connects and Brock University Office of Research Services for community knowledge users. January 12th, 2016. *Invited*. Link to series: <http://brocku.ca/research-at-brock/consider-this-podcast-series/this-months-podcast>
Link to specific podcast: <https://www.youtube.com/watch?v=PmdgtxWpWc8&feature=youtu.be>
3. Exercise as medicine in children. Consultant for the Exercise-as-Medicine in Child Health Outreach Project. Pediatric Exercise and Genomics Research Center, University of California – Irvine, Sept 2015 -
4. Resistance training for young athletes. Part of a Public Forum on “Developing the Young Athlete: families, trainers, clubs, communities”, organized by Brock University Office of Research Services for community knowledge users. St. Catharines Public Library. April 2, 2015. *Invited*. Link: <http://yourontarioresearch.ca/curiosity-shop-event/brock-university-developing-the-young-athlete-families-trainers-clubs-communities/>
5. Weight room law – Israel Ministry of Sports. Expert consultant to lawmakers formulating a modification to the Israeli Sports Law, stipulating the minimum age and requirements for children to engage in resistance training in fitness centres. 1995-1997.

EDITORIAL ACTIVITIES:

Scientific Editor: More Activity, Less Fat. Haifa: Shem-Tov Publishing, 2000.

Editorial Board, Pediatric Exercise Science, 2002 to present

Editorial Board, Isokinetics and Exercise Science, 2011 to present

Editor, Pediatric Exercise Science, 2011 - present

PROFESSIONAL ACTIVITIES:

- 2017 Organizing committee, Biannual meeting of the European Group of Pediatric Work Physiology, Thessaloniki, Greece, Oct. 3-8, 2017
- 2015 Organizer, Golden Horseshoe Pediatric Exercise Group Annual Meeting: Exercise and the healthy child: is there anything more we need to know?, St. Catharines, ON. April 14-15, 2015
- 2014 - Member of Clinical Research Expert Committee
NCATS - National Clinical and Translational Science program
Exercise terminology harmonization project (based in UCI)
- 2013 Organizer, Golden Horseshoe Pediatric Exercise Group Annual Meeting
St. Catharines, ON. March 22, 2013
- 2012 - Consultant, Pediatric Exercise Research Center, University of California, Irvine, CA.
- 2012 Organizer, Golden Horseshoe Pediatric Exercise Group Annual Meeting
St. Catharines, ON. March 30, 2012
- 2011 - Editor-in-Chief, Pediatric Exercise Science.
- 2011 Member of the Scientific Committee of the Pediatric Work Physiology Meeting, September, 19-23, 2011.
- 2010 Organizer, Golden Horseshoe Pediatric Exercise Group Annual Meeting
St. Catharines, ON. December 10th, 2010
- 2010 Member of the Scientific Committee of the 2nd NASEPM-PWP Meeting, September, 22-26, 2010, Chair of the Abstract committee
- 2008-2010 Member of the Scientific and Organizing Committee of the 2010 Wingate Congress of Exercise & Sport Sciences, 3 - 6 June 2010
- 2008 - Consultant, NetoGreen Inc., Israel
- 2007 - 2008 Consultant, NJY Camps, NJ (The Lynne B Harrison Science Center)
- 2007 Organizer, Golden Horseshoe Pediatric Exercise Group Annual Meeting
St. Catharines, ON. October 26, 2007
- 2006 - Member of the Board, North American Society for Pediatric Exercise Medicine (NASPEM)
- 2003 Member, Inter-Association Task Force on Exertional Heat Illnesses Consensus

Statement

- 2003 Scientific Committee, International Symposium on Sports Medicine, Israel 2003.
- 2003 Consultant, Joint Committee of the Israeli Basketball Association and Schools' Elite Basketball League on training load of players of the National Teams.
- 2002 Organizing Committee, The 18th International Jerusalem Symposium on Sports Medicine, Maale Hamisha, Judean Hills, Israel, March 20-21, 2002.
- 2001 Member, Advisory Committee to the Parliamentary Education Committee on Changes in the Fitness Room Law (abolishing the restriction of training for young children)
- 2000 Member, Organizing and Scientific Committee, The 16th EGPWP Annual Meeting, September 2003, Wingate Institute. – cancelled due to security situation
- 1996 Member, Scientific Committee, The 2nd Post-Olympic Conference, 28-30 December, 1996, Wingate Institute.
- 1996 Member, Executive Committee, Wingate Institute.
- 1996 Member, Organizing Committee, 12th International Jerusalem Symposium on Sports Injuries. 26-28 March, 1996.
- 1995 Member, Committee for the Position Paper on Resistance Training for Children and Adolescents. Israeli Society for Sports Medicine.
- 1994 - 2001 Member, Executive Committee, Library, Wingate Institute.